

Melissa Meyer Therapy Services

Welcome to the community!

Coming soon...

ANXIETY & DEPRESSION RESOURCES

- Mindfulness Tips
- Yoga Poses for Stress Release
- Coping Skills



INFORMATION ON NEW TRAININGS

- CBT & Yin Yoga Sessions
- Warm up to Therapy Series

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As promised, here you will find a template for getting clear about your mental health goals. So get cozy, make a yummy beverage, and carve out some space to reflect.



Clarity on Mental Health Goals

If there was one thing I would change about my mood, thoughts, or behaviors it would be:

From a scale of 0-10 (10 being the most important) how important is it that this change happen?

What resources could help support my goal of transformation? (i.e. carving out self-care time, making a therapy appointment, practicing meditation)

What's one behavior I can do today to engage in the above resource?

Know someone who could benefit from receiving mental health resources?

Please feel free to share!

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